



Sterling Council on Aging Living Out Our Sterling Years Together

Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.

March 2016

**Butterick Building
1 Park Street**

COA (Council on Aging)

Mon—Thurs: 8:30—2:30

Friday: 8:30—12 noon

Office: 978-422-3032

Rides: 978-422-3032

Meals: 978-422-8022

Fax: 978-422-9916

*** Senior Center Staff**

*** Director:**

Karen Phillips

*** Outreach Aide:**

Nickole Boardman

*** Drivers: Pam Dell,**

Lou Massa, Joan

Seymour, Gloria

Rugg

*** Meal Site Manager:**

Sandra Jacala

Message From the Director

This is the month of the big move. Since we do not have a date as of the printing of this newsletter, please watch the papers and cable for the exact date. This is such an exciting time. We are excited to raise the bar on programs and activities. We have done a lot at the Butterick Building. We cannot wait to showcase more opportunities at the new center. We are always interested in new ideas and suggestions. Please let us know if you have a program that you would like to see or would like to offer.

I would like to wish everyone a Happy St. Patrick's Day. With an Irish grandmother, March 17th was a major event in my childhood. Everyone is Irish on St. Patrick's Day. We are having 2 Irish-themed programs this month. If you get a chance, come on down and join us. Dust off your green hat and celebrate with friends.

Slainte!

Karen



**Daylight Savings Time
begins on Sunday, March
13. Don't forget to turn
your clocks AHEAD one
hour!**

Upcoming Events

Tuesday, March 1—State Primaries

Thursday, March 3—Movie at 1 PM

Thursday, March 9—SHINE counselor

Sunday, March 13—Taste of Sterling from 4—6:30 PM

Monday, March 14—Glenshane Irish Duo entertainment at 1 PM

Wednesday, March 16—Irish Step Dancers at 12:30 PM

Thursday, March 17—Elder Keep Well clinic at 12 noon

Thursday, March 24—Book club at 12:30 PM

Friday, March 25—Pancake Breakfast from 7:30—9:30 AM

Special Events for March

Tuesday, March 1—State Primaries. You have seen the ads. It is time to get out and make your vote count. If you need a ride to the polls, the van will be available in the afternoon.

Thursday, March 3—Movie at 1 PM.

Wednesday, March 9—SHINE counselor will be here to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Sunday, March 13—FOSS is having their annual Taste of Sterling from 4-6:30 PM at the Sterling National Country Club. More information will be available.

Monday, March 14—Glenshane Irish Folk Duo at 1 PM. Come and join us for an early St. Patrick's Day party. Jean and John Nesbitt are back for a return performance of Irish songs and stories. Refreshments will be served after the performance. Wear your green and join the fun with us.

Wednesday, March 16—Irish Step Dancers at 12:30 PM. Celebrate Irish dance and culture with a variety of Irish dances to traditional and modern Irish music. This should be an amazing performance. Come and get your Irish on!

Thursday, March 17—Elder Keep Well Clinic at 12 noon.

Thursday, March 24—Book club at 12:30 PM. This month's selection is *The Art of Hearing Heartbeats* by Jan-Philipp Sendker.

Friday, March 25—Pancake Breakfast from 7:30—9:30 AM. Join FOSS for their monthly breakfast. \$2.00 gets you pancakes, sausage, fruit cup, tea bread, juice, and coffee. All are welcome.



Come and play pool! The Senior Center has had 1 pool table for many years. Many people have enjoyed using it but wished for more opportunities to play. Your prayers have been answered. At the new center, our current pool table will be accompanied by a new table, graciously donated by Leominster Credit Union through the efforts of the Friends of the

Sterling Seniors. The pool tables will be usable during regular Senior Center hours. You can come and practice your trick shots, play a solo game, or play with a friend or two. Now that we have 2 tables, we have the ability to join the Senior Pool League, playing against other Senior Centers. Dust off your cue stick, or use one of ours! We look forward to having

you come on down!



March Book Club—*The Art of Hearing Heartbeats* by Jan-Philipp Sendker. Does anyone really know their father? This story starts with a woman's father disappearing. She decides to search through his past and uncovers a tale of perseverance, love, and loss. This is a beautiful story that will re-ignite your belief that true love exists.

News from SHINE March 2016

Prescription Drug Costs too High?

Look into the Extra Help program from the Social Security Administration! You may be eligible to apply for Extra Help in meeting prescription drug costs...and you can be a homeowner and still potentially qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An Extra Help application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011/month	\$27,250

Social Security contact information: 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you. They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.



Living Memorial Honor
 Sterling COA./Senior Center
 1 Park Street, Sterling, MA 01564

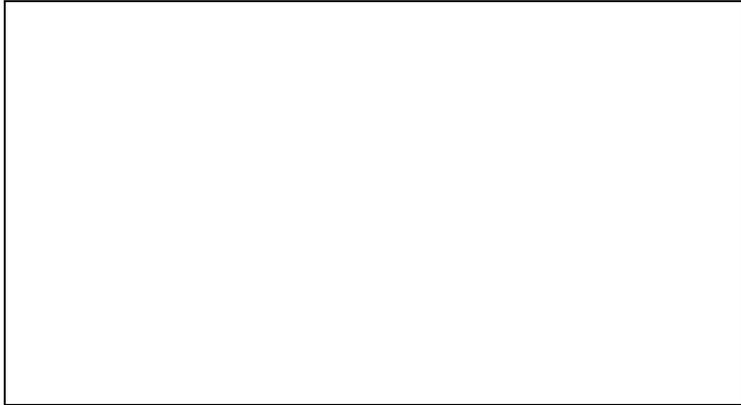
I am enclosing \$ _____
 In honor/memory of _____
 Donor's name _____
 Address _____

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30—chicken white bean chili 12:15—Game day	2 9—Computer class 9:30—Chair yoga 11:30— hot dog 12:30—Wii 1—Van shopping trip to Walmart (Leom)	3 9—Yoga 11:30— roast pork 1—Movie	4 9:30—Pilates 11:30— lasagna rolls
7 10—Exercise 11:30— teriyaki chicken	8 11:30— turkey and gravy 12:15—Game day	9 9—Computer class 9:30—Chair yoga 11:30—Cacciatore chicken 12:30—Wii 1—Van shopping trip to Dollar Tree/Family Dollar	10 9—Yoga 11:30— meatloaf and gravy	11 9:30—Pilates 11:30—breaded pollock Sunday, March 13—Taste of Sterling
14 10—Exercise 11:30—chicken breast with Florentine sauce 1—Glenshane Irish Duo	15 11:30—BBQ pork sandwich 12:15—Game day	16 9—Computer class 9:30 —Chair yoga 11:30— chicken and rice bake 12:30—Irish Step Dancers 1—Van shopping trip to Walmart (WB)	17 9—Yoga 11:30— SPECIAL: corned beef hash 12—Elder Keep Well clinic	18 9:30—Pilates 11:30— broccoli bake
21 10—Exercise 11:30— beef patty with mushroom sauce	22 11:30— chicken meatballs and penne 12:15—Game day	23 9—Computer class 9:30 —Chair yoga 11:30— beef stew 12:30—Wii 1—Van shopping trip to Mall at Whitney Field	24 9—Yoga 11:30— chicken with supreme sauce 12:30—Book club	25 7:30—Pancakes 9:30—Pilates
28 10—Exercise 11:30— chicken a la king	29 11:30—Salisbury steak with gravy 12:15—Game day	30 9—Computer class 9:30—Chair yoga 11:30—turkey 12:30—Wii 1—Van shopping trip to Walmart (Leom)	31 9—Yoga 11:30—grilled chicken with red pepper pesto	

Sterling Council on Aging
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Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.